



CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES
SENIOR SERVICES- AREA AGENCY ON AGING

CHICAGO SENIORS CONNECTED SUMMER 2021

VIRTUAL AND TELEPHONE
PROGRAMS FOR OLDER ADULTS



CITY OF CHICAGO
LORI LIGHTFOOT, MAYOR



CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES
BRANDIE KNAZZE, COMMISSIONER

A Note from the Executive Director

Dear Friends:

We are excited to share the Senior Centers reopening plan as we announce the soft reopening of the Senior Centers on July 6th! We welcome you back to engage in onsite computer lab and congregate dining activities.

The Senior Center reopening plan involves a three-phase approach:

- Phase I includes computer lab access and boxed lunch congregate dining meal service effective July 6th
- Phase II includes small group low-risk activities (e.g., book clubs, arts and crafts, educational classes, chair yoga)
- Phase III includes the continued expansion of more interactive/higher-risk activities (e.g., choir, dance, use of fitness equipment)

In celebration of our reopening, we will provide a special boxed lunch to either enjoy on site, or you may pick up the meal “to-go”. On-site meal service will be available from 10:30am to 11:30am and from 12pm to 1pm.

The soft opening represents a change from traditional activities. We understand these new changes can be challenging so we appreciate your patience and assistance as we work to safely resume in-person activities. The following safety requirements are currently in place at all 20 Regional and Satellite Senior Centers (except for Renaissance Court which will be reopening at a later date):

- Operations at 50% capacity with 6 feet social distancing,
- Frequent handwashing and hand sanitizer use,
- Mask wearing for all staff, volunteers and participants except when eating,
- Completion of a health and COVID-19 screening questionnaire prior to entry,
- Participant swipe-in and daily sign-in sheets to assure updated contact information,
- Dissemination of information on vaccination opportunities

We are also happy to announce the continuation of our popular **Virtual Senior Center** which encourages activity and connection through virtual social, educational, fitness, and health programming!

We will keep you posted as we move throughout the various phases and expand in-person programming. If you have any questions or if you need additional services, please call us at 312 744-4016 or email aging@cityofchicago.org **We also want to share the news that every Wednesday between 10:30 am and 1:00 pm there will be a Mobile COVID Vaccination Clinic in the parking lot of the Southeast (Atlas) Senior Center located at 1767 E. 79th Street. We encourage everyone who has not yet been vaccinated to take advantage of this opportunity!**

We are so very excited about entering Phase I and being able to see your smiling faces again!

Margaret LaRaviere
Executive Director/Deputy Commissioner
DFSS Senior Services Division/Area Agency on Aging

LET'S GET BACK TO...



BEING ACTIVE AND SPENDING QUALITY TIME WITH CHERISHED FRIENDS!

**CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES SENIOR
SERVICES COVID-19 VACCINE SUPPORT HOTLINE**

★ 312-706-5423 ★

CALL MONDAY-FRIDAY, 8:30 A.M. TO 4:30 P.M.

GETTING VACCINATED IS YOUR BEST PROTECTION AGAINST COVID-19!

**GET HELP WITH
IDENTIFYING**

- **SITE LOCATIONS**
- **SCHEDULING APPOINTMENTS**
- **APPOINTMENT REMINDERS**

- **TRANSPORTATION TO
APPOINTMENTS
& MORE!**

ABOUT THE CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES AREA AGENCY ON AGING:

The DFSS Chicago Area Agency on Aging is engaging in vaccination outreach, awareness, and support by helping with the scheduling of nearby vaccination opportunities. Additionally, the DFSS Chicago AAA provides access to a variety of services available citywide to address the diverse needs and interests of older Chicagoans, from those who are active and healthy, to those residing in long-term care facilities and seniors who are fragile and may be confined to home.

DFSS Senior Services Programs and Services: At a Glance	
Adult Protective Services Program	Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional, and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention, and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.
Benefits Eligibility Checkup	Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including prescription drug coverage, weatherization, energy assistance, & financial assistance. Staff then works with seniors in applying for identified benefits.
Care Coordination Services	Through a referral from I&A, trained and certified care coordinators from the Illinois Department on Aging Community Care Program will provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.
Caregiving Resources	Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.
Chicago Fitness Plus	Award-winning fitness program that boosts endurance, strength, balance, and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.
Chore/ Housekeeping: Heavy Duty & Short-Term	Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.
Foster Grandparent Program	Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSISTANCE AT (312) 744-4016	

DFSS Senior Services Programs and Services: At a Glance	
Golden Diners Nutrition Program	Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.
Grandparents and Older Relatives Raising Children	For seniors who have primary caregiving responsibility of a child, from birth to age 18 or those caring for their severely-disabled adult children. Short-term one-on-one counseling and support groups are available. Emergency financial assistance can be accessed for one-time emergency rent payment, school uniform and equipment, medication, and other basics.
Health & Wellness Program	Evidence based health promotion and disease prevention programming provided at all DFSS senior centers through monthly presentations, health screenings, and one-on-one consultations with wellness nurses, dietitians, pharmacists, and social workers.
Home Delivered Meals	Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.
Ombudsman Program	Ombudsmen protect, defend and advocate for residents in long term care facilities such as nursing homes and assisted living facilities. Utilizing staff and volunteers, they inform residents and their families of their rights, resolve complaints, provide information on residents needs/concerns to families, facility staff and the department, and advocate for quality individualized care for the residents.
Respite Care	Allows family caregivers caring for a senior, time for themselves. Respite provides professional trained staff to care for a frail senior, who has a familial caregiver, on a temporary basis. This care can be provided in home or in a nursing facility. Respite can be used in an emergency, such as the illness of a caregiver or for planned time away, such as a vacation, special event, appointment or just some time for themselves.
Senior Companion Program	Opportunity for seniors to make a difference in the lives of lonely, frail, and homebound seniors by reading, engaging in conversation, preparing light meals and more. This program also gives the senior volunteer a presence in the community, free annual physicals, and the ability to supplement their monthly income.
Senior Medicare Patrol	The SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. Program staff and volunteers help people with Medicare and Medicaid to: educate, detect, and report possible Medicare and Medicaid fraud, waste, and abuse.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSISTANCE AT (312) 744-4016	



Department of Family
and Support Services

Chicago Senior Services presents:

"Red, White and Blue in the City"



**Facebook Musical Performance by
Ronnie-G & Band!**



Watch at [Facebook.com/ChiSeniorServices](https://www.facebook.com/ChiSeniorServices)

**For information call 312-744-4016
or email aging@cityofchicago.org**



July 2021 - September 2021

Classes are scheduled weekly, unless otherwise noted, and are available in various virtual formats listed under "Location."

<u>Zoom Instructions</u>		<u>Phone Instructions</u>
Step 1: Go to Zoom.com Step 2: Click "Join Meeting" Step 3: Type in Meeting ID Step 4: Type in Passcode (if applicable)		Step 1: Dial Number Step 2: Enter Password
MONDAY		
Time	Class	Location
8:30am	<u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
9:15am	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<u>Forever Fit Class with Patricia (ZOOM)</u> Cardio and Core is a get-tough workout with a lot of variety, as well as a quick yet effective core-focused strength segment. This class finishes with calming, deep stretches. Intermediate to advanced exercisers will enjoy this class. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac

MONDAY

Time	Class	Location
10:00am	<u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, Symbria</i>	Meeting ID: 764 0903 0804 Passcode: Mgatt8
10:00am	<u>Sit & Be Strong with Joyce (PHONE & ZOOM)</u> Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture because the stronger that your muscles better your balance. Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels. <i>Joyce Bloom, Symbria</i>	Phone: (312) 626-6799 Meeting ID: 781 8847 6951 Zoom Meeting ID: 781 8847 6951 Passcode: 452540
11:00am	<u>Sit & Be Strong with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
12:30pm	<u>Ballroom Dance (ZOOM)</u> Learn American-Style Tango, Rumba, Waltz, Foxtrot, East-Coast Swing, Polka & Texas 2-Step! No partner needed! <i>Norm Viray, Instructor</i>	Meeting ID: 885 2872 4450 Passcode: 311631
1:00pm	<u>Balance Boosters Class (ZOOM)</u> Balance and Stretch is an increase flexibility, joint stability, balance, coordination, agility .and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac

MONDAY

Time	Class	Location
1:00pm Spanish & English	BINGOCIZE (English/Spanish) (Phone/ZOOM) This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email jcoogan@whitecranewellness.org .	
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
2:00pm	<u>Well-Being Yoga class (ZOOM)</u> Physical activities are good for relieving stress and this is particularly true of Yoga. Yoga improves your mind-body concentration, giving you better awareness of your own body. Yoga increases your muscle tone, improves your balance, supports joint health, and prevents back pain. Yoga helps to improve your breathing and flexibility. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i>	Meeting ID: 735 1293 3404 Passcode: 8kg5G7

TUESDAY

Time	Class	Location
9:00am	<i>July 6th & July 20th</i> <u>Dietician Presentation (Phone / ZOOM)</u> <u>Nutrition and Diabetes</u> Looking to improve your blood glucose readings or your next A1C score? Manage your blood sugar by getting back to the basics. Improve your eating habits, get more exercise, try carb counting, or set brand new goals. Better numbers may come easier than you think. <i>Kristin Gustashaw, MS, RDN, LDN, CSG</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
9:00am	<i>August 5th & August 19th</i> <u>Dietician Presentation (Phone / ZOOM)</u> <u>Cancer and Healthy Eating</u> Many people wonder whether foods can prevent cancer. Those living with or caring for someone with cancer may also wonder if food can help them recover. Cancer patients today have a lot of hope and healthier eating is an important step in overall wellness. Join this talk to learn more about the connection between nutrition and cancer. <i>Kristin Gustashaw, MS, RDN, LDN, CSG</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

TUESDAY

Time	Class	Location
9:00am	<u>Forever Fit Class with Betty (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Betty Kellum, Symbria</i>	Meeting ID: 769 570 2809 Passcode: 1x6w0i
9:00am	<u>Fran's Easy to Learn Line Dance (ZOOM)</u> Join Dancemate's Fran with her Easy to Learn Line Dancing Class! Includes 60's, popular, country and ballroom dances! <i>Frances Strain, Instructor</i>	Meeting ID: 897 3615 0114 Passcode: 684372
10:00am	<p style="text-align: right;">July 6th</p> <u>Talk with your Wellness Nurse Cindy (Phone)</u> Take a coffee break with your Wellness Nurse Cindy! Pour yourself a cup of coffee or make yourself some tea and grab your phone and call your Wellness Nurse Cindy to discuss your health concerns. She has set aside time especially for you from 10:00am-11:30am. Dial 312-945-8430 and ask for Cindy. Please leave a message if the line is busy and your call will be returned during call-in times. All callers will receive a joke of the day since it is so important to keep our sense of humor during these challenging times! Remember, if you are having a medical or mental health emergency, please call 911. <i>Cindy Nissen, MSN, APN</i>	
10:00am	<p style="text-align: center;">July 6th & August 3rd</p> <u>Ask the Dietician (Phone/ Online)</u> <u>Group Nutrition Q&A</u> Join a conference call for a lively discussion with a dietician and fellow participants regarding any nutrition related questions you have. You can participate as much or as little as you would like. Either way, you are sure to learn new ways to meet your nutritional needs! <i>Kristin Gustashaw, MS, RN, LDN, CSG</i>	Phone: (312) 535-8100 Rush.webex.com Password: Nutrition Access Code: 120 660 5955
10:00am	<p style="text-align: center;">July 20th & August 14th</p> <u>Ask the Dietician (Phone)</u> <u>Group Nutrition Q&A</u> Join a conference call for a lively discussion with Kristin Gustashaw MS, RDN, LDN, CSG and fellow participants regarding any nutrition related questions you have. You can participate as much or as little as you would like. Either way, you are sure to learn new ways to meet your nutritional needs! <i>Kristin Gustashaw, MS, RN, LDN, CSG</i>	Phone: (312) 535-8100 Rush.webex.com Password: Nutrition Access Code: 120 914 7084

TUESDAY

Time	Class	Location
10:00am	<u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class. <i>Judie Bernard, Symbria</i>	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<u>Forever Fit Class with Patricia (ZOOM)</u> Cardio Kickbox is a high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. Stand or Chair. <i>Patricia Dereef, Symbria</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	<u>Stretch & Flex Class (Phone/ZOOM)</u> Get moving to improve balance, endurance, coordination, along with flexibility. Proper stretching creates flexibility in muscles and joints increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain which encourages bending and twisting without strain. Seated and standing exercises. Appropriate for all levels. <i>Joyce Bloom, Symbria</i>	Phone: (312) 626- 6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:30am Spanish & English	<u>BINGOCIZE (English/Spanish) (Phone/ZOOM)</u> This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at: 773-271-9001 or email jcoogan@whitecranewellness.org .	
10:30am	<u>July 27th</u> <u>Pharmacist Presentation: (Phone/ ZOOM)</u> <u>Diabetes in the Older Adult- Remembering What is Important</u> Diabetes, or high blood sugar, is a growing problem in our population. Estimates of 10%-20% of older adults over 70 years of age will develop diabetes. Complications from untreated diabetes can lead to damage in the eyes, kidneys, heart, nerves and skin. In this session, the pharmacist will review the symptoms of diabetes, how to best manage diabetes and the safe use of medications currently available in the older adult, and why it is important to keep your diabetes under control. <i>Michelle Martin, PharmD</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

TUESDAY

Time	Class	Location
10:30am	<p style="text-align: center;"><i>August 24th</i></p> <p><u>Pharmacist Presentation: (Phone/ ZOOM)</u></p> <p><u>Cancer - Drugs in Cancer Management</u></p> <p>The risk of cancer increases with age, and over 60% of all cancer cases in the United States are in patients over 65 years old. But with modern technology, we can screen for and detect cancer much earlier, leading to overall better success rates. Once cancer has been diagnosed, there are many treatment options available. In this session, the pharmacist will review information about different types of cancer common in aging and their treatment options, as well as resources for managing cancer. Michelle Martin, PharmD</p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
11:00am	<p style="text-align: center;"><i>August 4th & August 18th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u></p> <p><u>Addressing Cancer Concerns</u></p> <p>Cancer is a difficult diagnosis to hear at any age. Older adults have a unique set of challenges to consider when treating their cancer, such as possible pre-existing conditions. Join this talk to learn how to address these challenges and get treatment that is right for you. <i>Virginia Schelbert, MSN, APN</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
11:00am	<p style="text-align: center;"><i>August 31st</i></p> <p><u>Ageless Grace® with Cindy (Phone / ZOOM)</u></p> <p>Join Wellness Nurse and Certified Ageless Grace® Educator, Cindy Nissen, for a fun exercise program that works your brain and your body. This program is done while sitting in a chair. We use 21 simple tools to lubricate our joints, strengthen our muscles, improve flexibility, eye-hand coordination and tickle our funny bone. Join with ZOOM or with a speakerphone. <i>Cindy Nissen, MSN, APN</i></p>	<p>Phone: (312)626-6799</p> <p>Phone/Zoom: Meeting ID 928 604 2809 Password: 123456</p>
11:00am	<p><u>Sit & Be Strong with Patricia (ZOOM)</u></p> <p>Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef</i></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>
11:00am	<p><u>Making Jewelry in Style (ZOOM)</u></p> <p>Learn jewelry making design and techniques. <i>Lisa Booker, Instructor</i></p>	<p>Meeting ID: 211 663 6297</p> <p>Passcode: Music</p>

TUESDAY

Time	Class	Location
11:00am	<p style="text-align: center;"><i>July 6th & July 20th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Managing Your Diabetes</u> Diabetes is a common disease in older adults and managing it may seem overwhelming. Join this talk to learn the many strategies you can take on your own, as well as with the help of your healthcare providers, to make managing your diabetes less of a chore. <i>Virginia Schelbert, MSN, APN</i></p>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
11:00am	<p style="text-align: center;"><i>July 13th & August 10th</i></p> <p><u>Talk With Your Wellness Nurse Cindy</u> <u>Relax & Renew (Phone / ZOOM)</u> Got Stress? Join Wellness Nurse Cindy Nissen for Relax & Renew, a favorite of the Southwest Senior Center on Tuesdays to explore a variety of relaxation exercises you can do anytime or any place.....just for the health of it. Join others and schedule some ME time to reset your batteries! To participate in Relax & Renew, join online with ZOOM or by telephone. <i>Cindy Nissen, MSN, APN</i></p>	Phone: (312)626-6799 Phone/Zoom: Meeting ID 874 5188 3412 Password: 123456
11:00am	<p style="text-align: center;"><i>July 27th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Managing Your Diabetes</u> Diabetes is a common disease in older adults and managing it may seem overwhelming. Join this talk to learn the many strategies you can take on your own, as well as with the help of your healthcare providers, to make managing your diabetes less of a chore. <i>Cindy Nissen, MSN APN</i></p>	Phone: (312) 626-6799 Phone/Zoom Meeting ID: 849 7527 9855 Password: 123456

TUESDAY

Time	Class	Location
11:00am	<p style="text-align: center;"><i>July 28th</i></p> <p><u>Social Worker Presentation: (Phone/ ZOOM)</u></p> <p><u>Sleep? What Sleep?</u></p> <p>You may be experiencing, “CORONOSOMNIA,” a new word for this emerging phenomenon during the COVID-19 pandemic, which describes the increase of sleep disturbances in the past year, even as the pandemic infection rates have fallen and cities are opening back up.</p> <p>Learn strategies on ways to build better sleep habits, such as developing a sleep routine, and sending signals to our body several hours before bedtime that it will soon be time for sleep. Also covered will be ideas for waking up in the middle of the night and having difficulties falling back asleep. The presentation will also examine the different ways that persistent interrupted sleep patterns impact our health, well-being and concentration, and ways we can turn this around.</p> <p>Finally, this interactive presentation will outline the health benefits of fostering healthy sleep hygiene habits. You will leave with practical tools to help make positive changes for healthy sleep. <i>Jeaneane Quinn, LSW</i></p>	<p>Phone: (312) 626-6799</p> <p>Phone/Zoom:</p> <p>Meeting ID: 928 604 2809</p> <p>Password: 123456</p>
11:30am	<p style="text-align: center;"><i>July 27th</i></p> <p><u>Pharmacist Consultations: (Phone/ ZOOM)</u></p> <p>Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <i>Michelle Martin, PharmD</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
12:00pm	<p><u>Open Mic Karaoke (ZOOM)</u></p> <p>Join KJ (Karaoke Jockey) Vennié Tolbert-Rodgers in “Open Mic” and sing along karaoke style, request songs, read poetry, try your hand at storytelling or even tell a joke or two! <i>Vennié Tolbert-Rodgers, Instructor.</i></p>	<p>Meeting ID: 478 347 6251</p> <p>Passcode: DIAMOND</p>
1:00pm	<p><u>Computer and Technology (ZOOM)</u></p> <p>Increase your computer and technology skills. Learn basic, intermediate, and advanced skills, including how to set-up an e-mail account and to how to navigate social media. Time will be allotted for “How do I...” questions at the end of each class. <i>Joseph Fedorko, Instructor</i></p>	<p>Meeting ID: 514 975 0953</p> <p>Passcode: 727822</p>

TUESDAY

Time	Class	Location
1:00pm	<u>Core Builders Class with Patricia (ZOOM)</u> Core is a workout focusing on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday tasks. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist.</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>Intermediate Soul Line Dancing (ZOOM)</u> If you already know the basic steps of line dancing and you can name the moves, then join in this intermediate level line dance class. Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. <i>Hakeemah Shamsuddin, Instructor</i>	Meeting ID: 874 4212 6494 Passcode: cocdance
1:00pm	<u>Tai Chi for Wellness (ZOOM)</u> Tai Chi is a fitness exercise that can improve strength, flexibility, balance and aerobic conditioning. Tai Chi has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease and Parkinson's Disease. <i>Craig Harris, Instructor</i>	Phone (312) 626 6799 Meeting ID: 841 9879 2985 Passcode: 690519
1:30pm	<u>Knitting & Crocheting (ZOOM)</u> It is never too late to learn something new...and crocheting or knitting may be the new thing to learn! Studies have shown that knitting and crocheting can help to improve your emotional well-being, cognitive and physical abilities, and enhance your overall quality of life. <i>Jo-Ann McKelphin, Instructor</i>	Meeting ID: 852 1165 0662 Passcode: 12345 Dial-in: 312 626-6799
2:00pm	<p style="text-align: center;">July 27th</p> <u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Managing Your Diabetes</u> Diabetes is a common disease in older adults and managing it may seem overwhelming. Join this talk to learn the many strategies you can take on your own, as well as with the help of your healthcare providers, to make managing your diabetes less of a chore. <i>Virginia Schelbert, MSN/APN</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

TUESDAY

Time	Class	Location
2:00pm	<p style="text-align: center;"><i>August 25th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Addressing Cancer Concerns</u> Cancer is a difficult diagnosis to hear at any age. Older adults have a unique set of challenges to consider when treating their cancer, such as possible pre-existing conditions. Join this talk to learn how to address these challenges and get treatment that is right for you. <i>Virginia Schelbert, MSN/APN</i></p>	Phone: (312) 626-6799 Meeting ID: 849 7527 9855 Password: 123456 Zoom: 849 7527 9855
2:00pm	<p><u>Core Builders with Ash (ZOOM)</u> Easy to Intermediate class is designed for persons seeking to strengthen core muscles and reduce lower back pain. As we age, we lose balance and stability. Core exercises train your muscles in your pelvis, lower back, abdomen, and hip to work in harmony. Strong core enhances balance and stability and reduces the risk of injury. Seated and standing class <i>Ash Duggal, Symbria</i></p>	Meeting ID: 735 1293 3404 Passcode: 8kg5G7
2:00pm	<p><u>Super Circuit Group Class (ZOOM)</u> Fun fitness routine designed to safely improve and/or increase your flexibility, range of motion and comfort in all of your joints and muscles, including the heart muscle! <i>Judie Bernard, Symbria</i></p>	Meeting ID: 933 398 2644 Passcode: 261424

WEDNESDAY

Time	Class	Location
8:30am	<p><u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 907 424 6822 Passcode: q5QBVj
9:15am	<p><u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<p><u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, Symbria</i></p>	Meeting ID: 764 0903 0804 Passcode: Mgatt8

WEDNESDAY

Time	Class	Location
10:00am	<u>Forever Fit Class with Betty (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Betty Kellum, Symbria</i>	Meeting ID: 769 570 2809 Passcode: 1x6w0i
10:00am	<u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<u>Forever Fit Class with Patricia (ZOOM)</u> Cardio and Core is a get-tough workout with a lot of variety, as well as a quick yet effective core-focused strength segment. This class finishes with calming, deep stretches. Intermediate to advanced exercisers will enjoy this class. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	<p style="text-align: center;"><i>July 7th</i></p> <u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Managing Your Diabetes</u> Diabetes is a common disease in older adults and managing it may seem overwhelming. Join this talk to learn the many strategies you can take on your own, as well as with the help of your healthcare providers, to make managing your diabetes less of a chore. <i>Marcia Haynes-Cody, RN</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
10:00am	<p style="text-align: center;"><i>July 28th</i></p> <u>Illinois Secretary of State Rules of the Road Class (ZOOM)</u> This class will assist you with taking your driving test and provide information on highway safety. Handouts will be available. Please register in advance by calling 312 747-0440.	Meeting ID: 861 3694 3154 Passcode: 546381 Dial-in: 312 626-6799
10:00am	<u>Tai Chi for Fall Prevention & Balance (ZOOM)</u> Tai Chi is a unique body-mind form of exercise that involves a series of slow, gentle graceful flowing movements. The Tai chi movements are done with gentle graceful circular motions while breathing deeply. <i>Mari-Jane Dare, Instructor</i>	Meeting ID: 891 7497 7333 Passcode: 001050

WEDNESDAY

Time	Class	Location
11:00am	<u>Belly Dance Fitness (ZOOM)</u> Learn Isolation and Coordination for core strengthening, posture, balance, and agility. Explore graceful movements for a new kind of physical confidence. Cultivate precise muscle control. Be FIT, FIRM & HEALTHY <i>Dianne Hodges, Instructor</i>	Meeting ID: 862 9955 9024 Passcode: 241573
11:00am	<u>Core Builders with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking to strengthen core/trunk/hip/pelvis muscles to improve stability, balance, stamina, reducing lower back pain in a seated, standing and MAT class. <i>Judie Bernard, Symbria</i>	Meeting ID: 933 398 2644 Passcode: 261424
11:00am	<u>Sit & Be Strong with Patricia Class (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
11:00am	<p style="text-align: center;">August 25th</p> <u>Social Worker Presentation: (Phone/ ZOOM)</u> <u>Sleep? What Sleep?</u> You may be experiencing, "CORONOSOMNIA," a new word for this emerging phenomenon during the COVID-19 pandemic, which describes the increase of sleep disturbances in the past year, even as the pandemic infection rates have fallen and cities are opening back up. Learn strategies on ways to build better sleep habits, such as developing a sleep routine, and sending signals to our body several hours before bedtime that it will soon be time for sleep. Also covered will be ideas for waking up in the middle of the night and having difficulties falling back asleep. The presentation will also examine the different ways that persistent interrupted sleep patterns impact our health, well-being and concentration, and ways we can turn this around. Finally, this interactive presentation will outline the health benefits of fostering healthy sleep hygiene habits. You will leave with practical tools to help make positive changes for healthy sleep. <i>Jeaneane Quinn, LSW</i>	Phone: (312) 626-6799 Meeting ID: 928 604 2809 Password: 123456 Zoom: Meeting ID: 928 604 2809 Passcode: 123456
11:00am	<p style="text-align: center;">August 5th</p> <u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Addressing Cancer Concerns</u> Cancer is a difficult diagnosis to hear at any age. Older adults have a unique set of challenges to consider when treating their cancer, such as possible pre-existing conditions. Join this talk to learn how to address these challenges and get treatment that is right for you. <i>Marcia Haynes-Cody, RN</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

WEDNESDAY

Time	Class	Location
12:00pm	<u>Meditation (ZOOM)</u> Create Mind, Body and Soul Awareness through meditation. <i>Dianne Hodges, Instructor</i>	Meeting ID: 862 9955 9024 Passcode: 241573
12:00pm	<u>Line Dancing (ZOOM)</u> Who says fitness can't be fun? Vennié will have you dancing your way to fitness! Beginner & intermediate dances. <i>Vennié Tolbert-Rodgers, Instructor.</i>	Meeting ID: 478 347 6251 Passcode: Diamond
1:00pm	<u>Balance Boosters Class (ZOOM)</u> Balance and Stretch is an increase flexibility, joint stability, balance, coordination, agility and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Chair <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
1:00pm	<p style="text-align: center;"><i>August 25th</i></p> <u>Social Worker Presentation: (Phone/ ZOOM)</u> <u>MINDFULNESS 101: Simple Ways to Incorporate Mindful Moments into Your Daily Life</u> Have you ever considered developing a practice of mindfulness in your everyday life? Mindful moments can be added just minutes a day, cultivating ways to keep us grounded, aware and present in the moment. The practice of mindfulness has been studied to offer proven health benefits, including relieving stress, lowering blood pressure, helping with falls prevention, and improved mental health. Jeaneane Quinn, LSW will offer practical and simple mindfulness tools and lead a meditation to help ground you in the present moment and relieve stress and body tension. <i>Jeaneane Quinn, LSW</i>	Phone: (312) 626-6799 Phone/Zoom: Meeting ID: 850 615 1785
2:00pm	<p style="text-align: center;"><i>July 14th & July 21st</i></p> <u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Managing Your Diabetes</u> Diabetes is a common disease in older adults and managing it may seem overwhelming. Join this talk to learn the many strategies you can take on your own, as well as with the help of your healthcare providers, to make managing your diabetes less of a chore. <i>Marcia Haynes-Cody, RN</i>	Phone: (312) 626-6799 Phone/Zoom: Meeting ID: 850 615 1785

WEDNESDAY

Time	Class	Location
2:00pm	<p style="text-align: center;"><i>August 11th & August 18th</i></p> <p><u>Nurse Presentation: (Phone/ ZOOM)</u> <u>Addressing Cancer Concerns</u> Cancer is a difficult diagnosis to hear at any age. Older adults have a unique set of challenges to consider when treating their cancer, such as possible pre-existing conditions. Join this talk to learn how to address these challenges and get treatment that is right for you. <i>Marcia Haynes-Cody, RN</i></p>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
2:00pm	<p><u>Well-Being Yoga class (ZOOM)</u> Physical activities are good for relieving stress and this is particularly true of Yoga. Yoga improves your mind-body concentration, giving you better awareness of your own body. Yoga increase your muscle tone, improves your balance, supports joint health, and prevents back pain. Yoga helps to improve your breathing and flexibility. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i></p>	Meeting ID: 735 1293 3404 Passcode: 8kg5G7
3:00pm	<p style="text-align: center;"><i>Beginning September 8th</i></p> <p><u>Spanish II (Phone/ZOOM)</u> Join and learn conversational Spanish at an advanced level. <i>Marvin Childress, Instructor</i></p>	Meeting ID: 846 3658 4845 Passcode: Spanish Dial-in: 312 626-6799

THURSDAY

Time	Class	Location
9:00am	<p><u>Computer and Technology (ZOOM)</u> Ask Joe Anything! This class is designed with all of your technology questions in mind. This 'study hall' will consist of fielding questions about specific issues you may have about any of your devices (e.g: Desktop, tablet/ iPad, smartphone). <i>Joseph Fedorko, Instructor</i></p>	Meeting ID: 514 975 0953 Passcode: 727822
9:00am	<p><u>Forever Fit Class with Betty (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Betty Kellum, Symbria</i></p>	Meeting ID: 769 570 2809 Passcode: 1x6w0i
9:00am	<p style="text-align: center;"><i>July 1st</i></p> <p><u>Pharmacist Consultations (Phone/Zoom)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <i>Amina Gassam, PharmD</i></p>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

THURSDAY

Time	Class	Location
9:30am	July 22nd <u>Pharmacist Presentation</u> <u>Diabetes in the Older Adult – Remembering What Is Important</u> Diabetes, or high blood sugar, is a growing problem in our population. Estimates of 10%-20% of older adults over 70 years of age will develop diabetes. Complications from untreated diabetes can lead to damage in the eyes, kidneys, heart, nerves and skin. In this session, the pharmacist will review the symptoms of diabetes, how to best manage diabetes and the safe use of medications currently available in the older adult, and why it is important to keep your diabetes under control. <i>Sol Farias, PharmD</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
9:30am	August 27th <u>Pharmacist Presentation</u> <u>Cancer - Drugs in Cancer Management</u> The risk of cancer increases with age, and over 60% of all cancer cases in the United States are in patients over 65 years old. But with modern technology, we can screen for and detect cancer much earlier, leading to overall better success rates. Once cancer has been diagnosed, there are many treatment options available. In this session, the pharmacist will review information about different types of cancer common in aging and their treatment options, as well as resources for managing cancer. <i>Sol Farias, PharmD</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
10:00am	July 1st <u>Pharmacist Presentation</u> <u>Diabetes in the Older Adult – Remembering What Is Important</u> Diabetes, or high blood sugar, is a growing problem in our population. Estimates of 10%-20% of older adults over 70 years of age will develop diabetes. Complications from untreated diabetes can lead to damage in the eyes, kidneys, heart, nerves and skin. In this session, the pharmacist will review the symptoms of diabetes, how to best manage diabetes and the safe use of medications currently available in the older adult, and why it is important to keep your diabetes under control. <i>Amina Gassam, PharmD</i>	Phone: (312) 626-6799 Phone/Zoom: Meeting ID: 850 615 1785
10:00am	<u>Forever Fit with Patricia (ZOOM)</u> Cardio Kickbox is a high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. Stand or Chair. <i>Patricia Dereef, Symbria Well-Being Specialist.</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac

THURSDAY

Time	Class	Location
10:00am	<u>Sit & Be Strong with Joyce (Phone & ZOOM)</u> Total body conditioning with hand weights designed to tone and strengthen your entire body. Resistance training aims to improve bone density, increase muscle strength, and assist in weight loss. Benefits may include improved balance and posture due to stronger muscles. Seated and standing exercises. Appropriate for all levels. <i>Joyce Bloom, Symbria Well-Being Specialist and Certified Fitness Instructor.</i>	Phone: (312)626-6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:30am	<i>July 22nd</i> <u>Pharmacist Consultations: (Phone/ ZOOM)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <i>Sol Farias, PharmD</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
10:30am	<i>August 27th</i> <u>Pharmacist Consultations: (Phone/ ZOOM)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <i>Sol Farias, PharmD</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
11:00am	<u>Sit & Be Strong Class with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
11:00am	<u>Caregivers Support Group Counseling (Phone)</u> Join us for an online support group that will connect you with other caregivers and resources. We will be discussing topics including home and financial support. <i>*check your phone plan for long distance fees</i>	Phone: (602) 580-9858* Access Code: 8672583
12:00pm	<u>Line Dancing with Lisa (ZOOM)</u> Have fun while getting fit. Learn popular line dance moves and techniques. <i>Instructor, Lisa Booker</i>	Meeting ID: 211 663 6297 Passcode: Music

THURSDAY

Time	Class	Location
1:00pm	<u>Beginning Soul Line Dancing (ZOOM)</u> This is a fun, interactive beginner soul line dance class that will have you up and moving! Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. <i>Hakeemah Shamsuddin, Instructor</i>	Meeting ID: 822 8021 0462 Passcode: ccbegdance
1:00pm	<u>Core Builders Class with Patricia (ZOOM)</u> Core is a workout focusing on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday task. Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
2:30pm	<p style="text-align: center;">July Weekly</p> <u>Dietician Presentation (Phone / ZOOM)</u> <u>Nutrition and Diabetes</u> Looking to improve your blood glucose readings or your next A1C score? Manage your blood sugar by getting back to the basics. Improve your eating habits, get more exercise, try carb counting, or set brand new goals. Better numbers may come easier than you think. <i>Jim Coogan, RD, LDN</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
2:30pm	<p style="text-align: center;">August Weekly</p> <u>Dietician Presentation (Phone / ZOOM)</u> <u>Cancer and Healthy Eating</u> Many people wonder whether foods can prevent cancer. Those living with or caring for someone with cancer may also wonder if food can help them recover. Cancer patients today have a lot of hope and healthier eating is an important step in overall wellness. Join this talk to learn more about the connection between nutrition and cancer. <i>Jim Coogan, RD, LDN</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
2:30pm	<p style="text-align: center;">Starting September 9th</p> <u>Spanish I</u> Join in and learn basic Spanish. All are welcome. <i>Marvin Childress, Instructor</i>	Meeting ID: 817 9992 2495 Passcode: spanish Dial-in: 312 626-6799

FRIDAY

Time	Class	Location
8:30am	<u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am	<u>Zumba (ZOOM)</u> Latin-inspired cardio dance fitness workout class that features Latin and International music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. No. dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm and an open mind. <i>Mari-Jane Dare, Instructor.</i>	Meeting ID: 867 0629 1839 Passcode: 001050
9:15am	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<p style="text-align: center;">July 16th</p> <u>Pharmacist Presentation (Phone / ZOOM)</u> <u>Diabetes in the Older Adult – Remembering What Is Important</u> Diabetes, or high blood sugar, is a growing problem in our population. Estimates of 10%-20% of older adults over 70 years of age will develop diabetes. Complications from untreated diabetes can lead to damage in the eyes, kidneys, heart, nerves and skin. In this session, the pharmacist will review the symptoms of diabetes, how to best manage diabetes and the safe use of medications currently available in the older adult, and why it is important to keep your diabetes under control. <i>Nazia Babul, PharmD</i>	Phone: (312) 626-6799 Phone/Zoom Meeting ID: 850 615 1785
10:00am	<p style="text-align: center;">August 21st</p> <u>Pharmacist Presentation</u> <u>Cancer - Drugs in Cancer Management</u> The risk of cancer increases with age, and over 60% of all cancer cases in the United States are in patients over 65 years old. But with modern technology, we can screen for and detect cancer much earlier, leading to overall better success rates. Once cancer has been diagnosed, there are many treatment options available. In this session, the pharmacist will review information about different types of cancer common in aging and their treatment options, as well as resources for managing cancer. <i>Nazia Babul, PharmD</i>	Phone: (312) 626-6799 Phone/ZOOM Meeting ID: 850 615 1785

FRIDAY

Time	Class	Location
10:00am	<u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <u>Judie Bernard</u> , Symbria Well-Being Specialist and Certified Personal Trainer.	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<u>Hula Hoop Stretch Class (ZOOM)</u> This stretch is usually performed by making a circular rocking motion with the hips while standing with the feet slightly apart. Some workouts involve standing an extended leg or placing the body in different positions to work different muscle groups and improve balance. Stretching is also a huge component to increase strength and range of motion. Partial standing and chair <u>Patricia Dereef</u> , Symbria Well-Being Specialist.	Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	<u>Stretch & Flex Class (Phone/ZOOM)</u> Get moving to improve balance, endurance, coordination, along with flexibility. Proper stretching creates flexibility in muscles and joints increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain which encourages bending and twisting without strain. Seated and standing exercises. Appropriate for all levels. <u>Joyce Bloom</u> , Symbria Well-Being Specialist and Certified Fitness Instructor.	Phone: (312)626- 6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:00am	<u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <u>Ash Duggal</u> , Symbria	Meeting ID: 764 0903 0804 Passcode: Mgatt8
10:00am	<u>Forever Fit Class with Betty (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <u>Betty Kellum</u> , Symbria	Meeting ID: 769 570 2809 Passcode: 1x6w0i
10:00am	<u>Self-Care (English (Phone / ZOOM))</u> What should I eat every day to stay healthy? Discover self-care and healthy living through healthy nutrition. This class will offer nutrition tips, food demonstrations and hands on gardening workshops for growing healthy foods at home. <u>Karen Coruthers</u> , Instructor	Phone: 312-626-6799 Phone/Zoom Meeting ID: 828 5829 1932 Passcode: 12345

FRIDAY

Time	Class	Location
10:30am	BINGOCIZE (English) (Phone/ZOOM) This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email jcoogan@whitecranewellness.org .	
10:30am	<u>Tai Chi & Yoga Stretch (ZOOM)</u> Add some variety to your fitness routine and join Fran for a mix of Tai Chi and Yoga! <i>Frances Strain, Instructor</i>	Meeting ID: 892 9454 8741 Passcode: 652867
11:00am Spanish	<u>Self-Care (Spanish) (Phone/ZOOM)</u> What should I eat every day to stay healthy? Discover self-care and healthy living through healthy nutrition. This class will offer nutrition tips, food demonstrations and hands on gardening workshops for growing healthy foods at home. <i>Karen Coruthers, Instructor</i>	Phone: (312) 626-6799 Phone/Zoom: Meeting ID: 883 5993 5708 Passcode: 12345
11:00am Hindi	July 16th <u>Pharmacist Consultations: (Phone/ ZOOM)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <i>Nazia Babul, PharmD</i>	Phone: (312) 626-6799 Phone/Zoom Meeting ID: 850 615 1785
11:00am Hindi	August 21st <u>Pharmacist Consultations: (Phone/ ZOOM)</u> Ask the Pharmacist: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe! <i>Nazia Babul, PharmD</i>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
11:00am	<u>Arthritis Ability Class (ZOOM)</u> Arthritis is both range-of-motion (ROM) and stretching exercises help to maintain or improve the flexibility in affected joints and surrounding muscles. This contributes to better posture, reduced risk of injuries and improved function. These more vigorous exercises are designed to work muscles a bit harder. As the muscle becomes stronger, it provides greater joint support and helps reduce loading and stress through the painful joint. Chair <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac

FRIDAY

Time	Class	Location
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
1:00pm	<u>Drawing and Painting (ZOOM)</u> Reveal your creative side. Learn visual art while applying your own artistic vision. <i>Sharon Pate-Martin, Instructor</i>	Meeting ID: 883 7623 5560 Passcode: 726050
2:00pm	<u>Super Circuit Group Class (ZOOM)</u> Fun fitness routine designed to safely improve and/or increase your flexibility, range of motion and comfort in all your joints and muscles, including the heart muscle! <i>Judie Bernard, Symbria</i>	Meeting ID: 933 398 2644 Passcode: 261424

SATURDAY

10:00am	<p><i>Every 4th Saturday - Starting July 24th</i> <u>Senior Book Club in English and Spanish (Phone/ZOOM)</u></p> <p><i>In Partnership with the Chicago Public Library, DFSS Chicago Seniors Connected will host a book club in English and Spanish. The first book will be The House on Mango Street, written by Sandra Cisneros. The Chicago Public Library has both English and Spanish copies of the book available in large and regular print. Copies of the book may be obtained from the Chicago Lawn Branch 6120 S. Kedzie Ave. or requested at your local library.</i></p> <p><i>The House on Mango Street covers a year in the life of Esperanza Cordero, a young Chicana girl living in an impoverished Chicago neighborhood with her parents and three siblings. The book opens with Esperanza, the narrator, explaining how her family first arrived on Mango Street. Before the family settled in their new home, a small and run-down building with crumbling red bricks, they moved frequently. The family has been wandering from place to place, always dreaming of the promised land of a house of their own. When they finally arrive at the house on Mango Street, which is, at last, their own house, it is not the promised land of their dreams.</i></p> <p>This book is based in Chicago and written by a Chicago author. Join in on an interesting discussion!</p> <p><i>Teresa Espinoza- Librarian</i></p>	<p>Meeting ID: 833 0209 7630</p> <p>Passcode: 125911</p> <p>Dial-in: 312 626-6799</p> <p>Questions, please call: Chicago Lawn Branch 6120 S. Kedzie Ave. Chicago, IL 60629</p> <p>312 747-0639</p>
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SATURDAY

Time	Class	Location
12:00pm	<p><i>Cada 4º sábado - A partir del 24 de julio</i></p> <p><u>Senior Book Club en inglés y español (Phone/ZOOM)</u></p> <p>En asociación con la Biblioteca Pública de Chicago, DFSS Chicago Seniors Connected organizará un club de lectura en inglés y español. El primer libro será <i>La casa de la calle Mango</i>, escrito por Sandra Cisneros. La Biblioteca Pública de Chicago tiene copias en inglés y español del libro disponibles en letra grande y regular. Se pueden obtener copias del libro en la Sucursal 6120 S. Kedzie Ave. de Chicago Lawn o solicitar en su biblioteca local.</p> <p><i>La casa en la calle Mango cubre un año en la vida de Esperanza Cordero, una joven chicana que vive en un barrio empobrecido de Chicago con sus padres y tres hermanos. El libro comienza con Esperanza, la narradora, explicando cómo su familia llegó por primera vez a la calle Mango. Antes de que la familia se instalara en su nuevo hogar, un edificio pequeño y deteriorado con ladrillos rojos desmoronándose, se mudaron con frecuencia. La familia ha estado deambulando de un lugar a otro, siempre soñando con la tierra prometida de una casa propia. Cuando finalmente llegan a la casa de la calle Mango, que es, por fin, su propia casa, no es la tierra prometida de sus sueños.</i></p> <p>Este libro está basado en Chicago y escrito por un autor de Chicago. Únase a una discusión interesante.</p> <p><i>Teresa Espinoza- Bibliotecaria</i></p>	<p>ID de reunión: 833 0209 7630</p> <p>Código de acceso: 125911</p> <p>Acceso telefónico: 312 626-6799</p> <p>Preguntas por favor llame a: Chicago Lawn Branch 6120 S. Kedzie Ave. Chicago, IL 60629 312 747-0639</p>
12:00pm	<p><u>Line Dancing with Lisa (ZOOM)</u></p> <p>Have fun while getting fit. Learn popular line dance moves and techniques. <i>Instructor, Lisa Booker</i></p>	<p>Meeting ID: 211 663 6297</p> <p>Passcode: Music</p>
1:30pm	<p><u>Latin Dance Lessons (ZOOM)</u></p> <p>No partner needed! Learn Salsa, Bachata, Merengue, and Cha-Cha! <i>Norm Viray, Instructor</i></p>	<p>Meeting ID: 817 2667 8600</p> <p>Passcode: 878350</p>

WELLNESS TEAM PHONE CONSULTATIONS

Looking for personalized help? Our team of wellness professionals are available by phone to answer your health-related questions and to refer you to resources wherever possible. Please note, phone consultations are not designed to address emergencies. Please call 911 if you are having an emergency.

To make an appointment for a phone consultation, please call White Crane Wellness Center at (773) 271-9001. Appointments are available on a first come, first served basis and last for approximately 15 minutes.

- **Ask the Nurse**
 - The nurse can help quickly answer your most pressing health questions and direct you to follow up care as needed.
- **Ask the Social Worker**
 - The social worker can provide emotional support as you adjust to a new way of life, as well as provide resources for accessing social services where possible.
- **Ask the Pharmacist**
 - The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe.
- **Ask the Dietitian**
 - The dietitian has ideas for ways to get creative with healthy food, as many of us are cooking more these days, and can provide suggestions for the safest ways to access healthy foods during quarantine.





**HOME WELLNESS PROGRAMS
FOR CHICAGOANS 60 YEARS & BETTER**

**JOIN US BY PHONE OR
COMPUTER**

OFRECIDO EN ESPAÑOL



Exercise with a Twist!



BINGOCIZE is an evidence-based group exercise program designed to increase mobility and fitness. Exercises offered are appropriate **for people at all fitness levels.** Join us to improve your health, make new friends and win **PRIZES!**

Participate from the comfort of your own home, by Tablet, Computer or Phone! If you need help getting online, our computer specialist will help you get connected!

**Space is limited; so register today to reserve your spot!
Register over the phone at 773-271-9001 or email us at
jcoogan@whitecranewellness.org.**

**Mondays from 1-2 PM, Tuesdays from 10:30-11:30 AM
and Fridays from 10:30-11:30 AM via ZOOM**



Programa de Legado de la Salud Para Mujeres

TALLER VIRTUAL

**Del 20 de julio
hasta el 26 de
agosto,
martes y jueves de
3:00pm a 5:00pm**

El Programa de Legado de la Salud es un taller GRATUITO de 6 semanas, diseñado para mujeres de color que desean cambiar su estilo de vida y el de sus familias, por medio de una buena alimentación, pérdida de peso y una mejora en su salud y bienestar en general.

Participe en ejercicios divertidos, nutrición guiada y educación de la salud en un ambiente de solidaridad. Establezca un legado de salud de por vida para usted y su familia.

Las participantes del Programa de Legado de la Salud:

- Se reunirán dos veces por semana por 6 semanas consecutivas
- Hablarán sobre hábitos sanos y crearán un plan de salud personal semanal
- Se ejercitarán semanalmente para mejorar su fuerza y flexibilidad
- Aprenderán sobre nutrición, alimentación saludable y practicarán planeación de comidas
- Se reunirán con otras mujeres en grupos de discusión de apoyo
- Practicarán fijación de objetivos y resolución de problemas
- ¡Tendrán una celebración final con graduación y sorpresas!

Si tiene preguntas o desea más información, llámenos al (800) 757-0202 y presione 2 para hablar con alguien en español.

Requisitos:

Las participantes con acceso a internet en un teléfono móvil, tableta o Computadora, se beneficiarán y disfrutarán más del programa, ya que los talleres se ofrecen por medio de la plataforma de videoconferencias Zoom.

Todos los materiales del taller serán enviados por correo a las participantes, por lo cual se requiere registro previo.

Este taller no tiene ningún costo para la institución anfitriona, ni para las participantes.

Feeling Disconnected? We Have a Solution for You!

Designed Just For Seniors!

During this time of social distancing, the City of Chicago's Health Promotion Providers are using ZOOM to offer health and wellness services online.

You can still participate by phone, but if you would like to enhance your experience, you can connect online via a laptop, desktop computer, tablet or cell phone. By connecting online, you will be able to see our health promotion team (Nurses, Social Workers, Dietitians, Pharmacists, and Evidence-Based Class Leaders), as well as your fellow senior participants.

The tutorial will cover the basics of using Zoom including:

- Where is the microphone / mute button?
- Where is the video button?
- Where is the "chat" button?
- How can I see who is talking?
- How can I see everyone on the call?
- How do I change my screen name?

**To register for a free tutorial, please contact:
White Crane Wellness Center
by phone at (773) 271-9001
or by e-mail at info@whitecranewellness.org .**

White  Crane
Wellness Center

¿Te sientes desconectado? ¡Tenemos una solución para

¡Diseñado solo para personas mayores!

Durante este tiempo de distanciamiento social, los proveedores de promoción de la salud de la ciudad de Chicago están utilizando el ZOOM para ofrecer servicios de salud y bienestar en línea.

Aún puede participar por teléfono, pero si desea mejorar su experiencia, puede conectarse en línea a través de una computadora portátil, computadora de escritorio, tableta o teléfono celular. Al conectarse en línea, podrá ver a nuestro equipo de promoción de la salud (enfermeras, trabajadores sociales, dietistas, farmacéuticos y líderes de clase basados en evidencia), así como a sus compañeros participantes mayores.

El tutorial cubrirá los conceptos básicos del uso de ZOOM, incluidos:

- ¿Dónde está el botón de micrófono / silencio?
- ¿Dónde está el botón de video?
- ¿Dónde está el botón "chat"?
- ¿Cómo puedo ver quién está hablando?
- ¿Cómo puedo ver a todos en la llamada?
- ¿Cómo cambio mi nombre de usuario?

Para registrarse para obtener un tutorial gratuito, comuníquese con: White Crane Wellness Center

Por teléfono al (773) 271-9001

O por correo electrónico a info@whitecranewellness.org

**White Crane
Wellness Center**



GET \$50 IN GRUBHUB WHEN YOU GET VAXXED AT HOME

All Chicagoans 12+ eligible.

Up to 10 people can be vaccinated.

Your choice of Pfizer (12+) or Johnson & Johnson (18+) vaccines.

No ID or insurance required.

CALL 312.746.4835 TO SCHEDULE AN APPOINTMENT.

PROTEGE A
CHICAGO★

| GRUBHUB



OBTÉN \$50 EN GRUBHUB CUANDO TE VACUNES EN CASA

.....

Todos los mayores de 12 años son elegibles.

Hasta 10 personas pueden ser vacunadas.

Tú eliges entre las vacunas de Pfizer (12+) o Johnson & Johnson (18+).

No se requiere seguro médico ni identificación.

LLAMA AL 312.746.4835 PARA PROGRAMAR UNA CITA.

Una tarjeta de regalo por familia. Mientras duren las reservas.

CHICAGO.GOV/COVIDVAX



SENIOR BOOK CLUB

Saturday, July 24, 2021 at 10am

Join us in a special collaboration between Chicago Public Library and the Senior Services Division of the Department of Family & Support Services.

In July we will be reading and discussing
The House on Mango Street by Sandra Cisneros.

Copies of the book are available at the Chicago Lawn or your neighborhood branch.

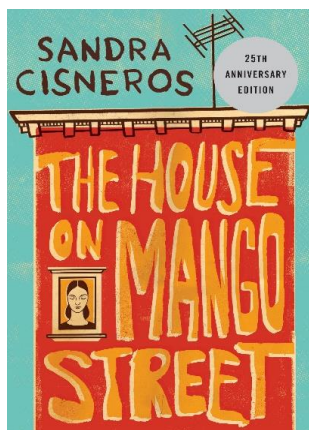
**This event will take place
virtually via Zoom.**

Zoom Meeting ID: 833 0209 7630

Passcode: 125911

Participate via phone:
312-626-6799

Questions, please call:
Chicago Lawn Branch
6120 S. Kedzie Ave.
312-747-0639





CLUB DE LECTURA

Sábado, Julio 24, 2021 a las 12pm

Reunamonos en esta colaboración especial entre la Biblioteca Pública de Chicago y la División de Servicios para Personas Mayores del Departamento de Familia y Servicios de Apoyo.

Este mes de Julio estaremos leyendo y discutiendo ***La Casa en Mango Street por Sandra Cisneros.***

Copias del libro están disponibles en la biblioteca de Chicago Lawn o una en su comunidad.

Este evento se llevará a cabo de manera virtual por Zoom.

Zoom ID: 837 8113 8667

Passcode/clave: 093655

Participe por telefono:

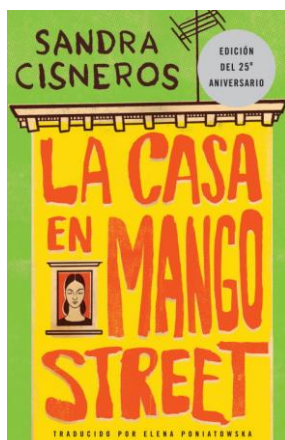
312-626-6799

Preguntas, Porfavor llame:

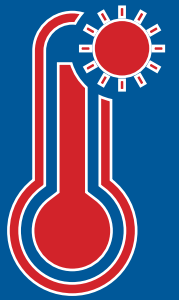
Chicago Lawn Branch

6120 S. Kedzie Ave.

312-747-0639



BEAT THE HEAT!



COMMUNITY SERVICE CENTERS

Space is limited due to Covid-19 guidelines on gatherings.

COOLING CENTER HOURS: 9A.M. – 5P.M. (Monday–Friday)

Englewood Center
1140 W. 79th St.

Garfield Center
10 S. Kedzie Ave.

King Center
4314 S. Cottage

North Area Center
845 W. Wilson Ave.

South Chicago Center
8650 S. Commercial Ave.

Trina Davila Center
4312 W. North Ave.

The Garfield Center, located at 10 S. Kedzie, is available 24 hours a day, seven days a week to connect residents to emergency shelter.

Seniors are welcome at one of the City's 21 Senior Centers.
Visit [Chicago.gov/Seniors](https://www.chicago.gov/Seniors) for location and hours.

ALTERNATE LOCATIONS

Chicago Parks & Libraries also serve as cooling centers during extreme heat. Check in with your local park, library or police station for cooling center locations & hours.

PLEASE WEAR FACE COVERINGS IN CITY COOLING CENTERS.

Wearing a face covering helps prevent the spread of COVID-19 to others.



VISIT [311.CHICAGO.GOV/](https://311.chicago.gov/) OR CALL 3-1-1 FOR THE MOST CURRENT INFO. ON CITY COOLING CENTERS.

REMEMBER



Check on relatives, neighbors and friends. If you are unable to make contact, call 3-1-1 and request a well-being check.

**JOIN US
FOR A WEBINAR SERIES!**



TOPIC: SAVVY CAREGIVER™ TRAINING PROGRAM FOR CAREGIVERS OF PEOPLE WITH ALZHEIMER'S DISEASE OR RELATED MEMORY PROBLEMS

The Savvy Caregiver™ is a six-week educational program focused on providing instructional material for family caregivers of people with Alzheimer's Disease and related disorders. Each session is 2 hours for a total of 12 hours. Please try to attend all 6 sessions. Caregivers receive a pdf file of the Savvy Caregiver Manual.

PRESENTER: Victoria Russo, PhD
Chicago Department of Family and Support Services

SUMMER 2021 SCHEDULE

SERIES 8

TUESDAY

11:30 AM – 1:30 PM | June 8, 15, 22, 29, July 6, 13

SERIES 9

WEDNESDAY

4:30 PM – 6:30 PM | June 16, 23, 30, July 7, 14, 21

SERIES 10

THURSDAYS

2:00 PM – 4:00 PM | June 24, July 1, 8, 15, 22, 29

SERIES 11

TUESDAY

11:30 AM – 1:30 PM | July 20, 27, August 3, 10, 17, 24

SERIES 12

WEDNESDAY

4:30 PM – 6:30 PM | August 4, 11, 18, 25, September 1, 8

SERIES 13

THURSDAY

2:00 PM – 4:00 PM | August 12, 19, 26, September 2, 9, 16

To register, please go to the link: <http://bit.ly/3a9vCNN>

Call **312-743-3528** or email victoria.russo@cityofchicago.org for more information



REGIONAL SENIOR CENTERS

Northeast (Levy)
Regional Senior Center
2019 W. Lawrence Ave.
(312) 744 -0784 (60625)
TDD: (312) 744 - 0320

Northwest (Copernicus)
Regional Senior Center
3160 N. Milwaukee Ave.
(312) 744 -6681 (60618)
TDD: (312) 744- 0321

Southeast (Atlas)
Regional Senior Center
1767 E. 79th St.
(312) 747- 0189 (60649)
TDD:(312) 744 -0322

Southwest Regional
Senior Center
6117 S. Kedzie Ave.
(312) 747 -0440 (60629)
TDD: (312) 744 -0323

Central West Regional
Senior Center
2102 W. Ogden Ave.
(312) 746 - 5300 (60612)
TDD: (312) 744 - 0319

Renaissance Court
At the Chicago Cultural Center
78 E. Washington St.
(312) 744 - 4550 (60602)
TDD: (312) 744 - 6777
CLOSED UNTIL FURTHER
NOTICE

SATELLITE SENIOR CENTERS

Abbott Park
Senior Satellite Center
49 East 95th St., 60619
(312) 745- 3493
Operator: Catholic Charities

Auburn Gresham
Senior Satellite Center
1040 W. 79th St., 60620
(312) 745-4797
Operator: Catholic Charities

Austin Senior Satellite Center
5071 W. Congress, 60644
(312) 743-1538
Operator: Catholic Charities

Chatham
Senior Satellite Center
8300 S. Cottage Grove, 60619
(312) 745 - 0401
Operator: Centers for New Horizons

Edgewater Senior Satellite
Center
5917 N. Broadway, 60660
(312) 742-5323
Operator: Catholic Charities

Englewood Senior Satellite Center
653 - 657 W. 63rd St., 60621
(312) 745 - 3328
Operator: Catholic Charities

Garfield Ridge
Senior Satellite Center
5674-B S. Archer, 60638
(312) 745-4255
Operator: SSSSO

Kelvyn Park Senior Satellite Center
2715 N. Cicero, 60639
312-744-3350
Operator: Northwest Side Housing
Center

North Center Satellite
Center
4040 North Oakley, 60618
(312) 744 - 4015
Operator: Catholic Charities

Norwood Park
Senior Satellite Center
5801 N. Natoma 60631
(773) 775-6071
Operator: Norwood Seniors

Pilsen Senior Satellite Center
2021 S. Morgan, 60608
(312) 743-0493
Operator: Alivio Medical Center

Portage Park Senior Satellite Center
4100 N. Long, 60641
(312) 744-9022
Operator: Catholic Charities

South Chicago Senior Satellite Center
9233 S. Burley (60617)
(312) 745-1282
Operator: Catholic Charities

Roseland Senior Satellite
Center
10426 S. Michigan., 60628
(312) 745 - 1500
Operator: Catholic Charities

West Town Senior Satellite
Center
1613 W. Chicago, 60622
(312) 743-1016
Operator: Catholic Charities